

## The Curriculum Includes:

- A 110-page booklet with a script to guide instructors through each lesson.
- A 30-page instructor's guide with helpful tips.
- A poster flip-chart with 13 colorful posters.
- Handout slides for children and parents.



*Rosemary Quatrone, an Open Airways instructor in Salt Lake City, teaches students about their asthma.*

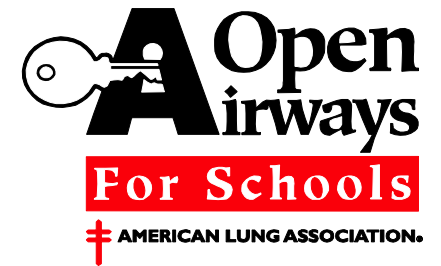
## Contact Information

Instructor Trainings will be held periodically. For exact dates or more information please contact **Cherissa** by phone at 801-484-4456 or email at: [cwood@lungutah.org](mailto:cwood@lungutah.org)



1930 South 1100 East  
Salt Lake City, UT 84106

Phone: 1-801-484-4456  
Toll Free Phone: 1-800-LUNG-USA  
Fax: 801-484-5461  
Check us out at [www.lungutah.org](http://www.lungutah.org)



**An Innovative Program  
to Help Kids With  
Asthma Breathe Easier!**



## Open Airways for Schools

The American Lung Association's Open Airways for Schools is an innovative asthma education program designed to help children learn to manage their asthma so they spend more time in the classroom and less time in the emergency room.



## Why Do Schools Need Open Airways?

Children with asthma, who do not know how to take care of it, are at serious risk. That's why the **Open Airways for Schools** program was developed. It was tested in elementary schools nationwide and proven effective in reducing the number and duration of asthma episodes.



*The Open Airways Program is one way to help your students breathe easier.*

## Did You Know?

- More than 64,000 Utah children have been diagnosed with asthma. This is equivalent to 100 elementary schools filled with children with asthma.

—Utah Asthma Program

- Asthma is a debilitating disease that causes shortness of breath and sometimes results in death.
- Asthma is the leading cause of school absenteeism from chronic illness.

—American Lung Association

- Asthma among children has increased 16% since 1996.
- About 45% of asthma-related hospitalizations are for children under 18 years of age.

—Utah Dept. of Health

## Who Attends & How Long?

The program teaches children with asthma, ages 8-11, to better manage their disease through six 40-minute interactive lessons. Children with asthma are brought together during or after school to learn these skills.

# A+

## Is It Effective?

The Open Airways program was pilot tested and evaluated in 1987. The study revealed that children who participate in the program:

- Have fewer and less severe asthma attacks
- Improve their academic performance
- Have more confidence in their ability to take steps to manage their asthma
- Exert greater influence on their parents' asthma management decisions